

In The Claims:

1. (Previously presented) An oral dosage form for food, food supplements and dietetics comprising polyunsaturated fatty acids in a gelatine capsule, the gelatine capsule being xylose-hardened to an extent sufficient to inhibit peroxidation of polyunsaturated fatty acids.
2. (Previously presented) The dosage form as recited in claim 1 comprising omega-3 polyunsaturated fatty acids with a high content of alpha linolenic acid.
3. (Previously presented) The dosage form as recited in claim 1, wherein said gelatine capsule has a retarded release time of more than 45 minutes.
4. (Previously presented) The dosage form according to claim 1, wherein said dosage form is operative against diseases of metabolism of fat and/or against intestinal inflammations.
5. (Previously presented) The dosage form according to claim 1, wherein the gelatine capsule comprises one ingredient selected from the group consisting of fish oil, linseed oil and gamma linolenic acid.
6. (Previously presented) The dosage form according to claim 1, wherein no antioxidants are added to the polyunsaturated fatty acids.
7. (Previously presented) The method as recited in claim 11, wherein said gelatine capsule comprises polyunsaturated fatty acids with a high content of alpha linolenic acid.
8. (Previously presented) The method as recited in claim 7, wherein said gelatine capsule comprises perilla oil.
9. (Previously presented) The method according to claim 11, wherein said gelatine capsule has a retarded release time of more than 45 min.

10. (Previously presented) The method according to claim 11, wherein said gelatine capsule comprises an ingredient selected from ~~the group~~ consisting of fish oil, linseed oil and gamma linolenic acid.

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11. (Previously presented) A method for slowing down peroxidation of polyunsaturated fatty acids used for food, food supplement and dietetics comprising the step of utilizing a gelatine capsule, the gelatine capsule being xylose-hardened to an extent sufficient to inhibit peroxidation of polyunsaturated fatty acids.

12. (new) The dosage form as recited in claim 1, wherein the gelatine capsule is formed by a process including spraying the capsule with xylose.

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13. (new) The dosage form as recited in claim 12, wherein the process further comprises heat treatment for a predetermined time interval.

14. (new) The dosage form as recited in claim 13, wherein the process further comprises a reaction between the xylose and gelatine capsule to provide a cross-linking.
